

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:10–08:15	FE-1	PLANTS-2: payload status check
08:15–11:15		Weekly housecleaning
11:15–12:45	FE-1	Physical exercise (TVIS-4)
11:15–12:45	CDR	Physical exercise (RED)
12:45–13:45		LUNCH
13:45–13:50	FE-2	IMS file auto export-import
14:00–14:30		Weekly planning conference (<i>S-band</i>)
14:30–14:45		ISS program office/ISS crew conference (<i>S-band</i>)
14:50–15:05	FE-1	Private psychological conference (<i>VHF</i>)
15:30–16:00	FE-2	Educational program: Utah State University
16:00–17:00		Physical exercise (CEVIS)
16:35–17:15	FE-1	Maintenance of COX
17:00–18:30	FE-2	Physical exercise (RED)
17:00–18:00	CDR	Physical exercise (CEVIS)
17:15–18:15	FE-1	Physical exercise (VELO + Load Trainer-1 / day 4)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram